

THE NAMES OF THE POSTURES: OLD YANG STYLE OF YANG LU-CH'AN

Many people ask me about the names of the Yang Lu ch'an style postures as I do not generally include them all in my video tapes. So below are the names of those postures. those performing this form will know where they fall in the form.

Please download my [free book](#) on the Old Yang Style of Yang Lu-ch'an for the full listing of names plus 480 photos in .pdf format.

1/. **Grasp Swallow's Tail:** Beginning, Arn Left, Block Right, P'eng, Block Left, Double P'eng, Roll back, Chee, 2nd Chee, Sit Back Ready, Press.

2/. Sit Back ready. Snake Fingers To Eyes.

3/. Fishes In eight.

4/. Single Whip

5/. Pierce to rear.

6/. Double Dragon Hands

7/. Reverse Dragon hands

8/. Lift Hands

9/. Roll Back

10, Shoulder Press,

11/. Stork Spreads Wings

12/. Spread the weave

13/. Spread the weave

- 14/. Brush Knee twist Step
- 15/. Play Pipa
- 16/. B.K.T.S. (Brush Knee & twist Step)
- 17/. B.K.T.S.
- 18/. Play Pipa
- 19/. B.K.T.S.
- 20/. Step forward, parry & punch
- 21/. Sit Back
- 22/. Squeeze
- 23/. Sit Back
- 24/. Cross Hands

FINISH FIRST THIRD

- 25/. B.K.T.S.
- 26/. Spread The Weave
- 27/. Embrace Tiger Return To Mountain
- 28/. Grasp Swallow's tail (5 moves)
- 29/. Guard The House
- 30/. Fist Under Elbows (Both elbows)
- 31/. **Tripping** Repulse Monkey X 5
- 32/. Spear through the armour
- 33/. Wrapping The Willow Tree
- 34/. Middle Winding

- 35/. Parting Horse's Mane
- 36/. Pierce to rear.
- 37/. Double Dragon Hands
- 38/. Reverse Dragon hands
- 39/. Lift Hands
- 40/. Roll Back
- 41/, Shoulder,
- 42/. Stork, Different (This is done differently to the normal way that it is done in the Yang Cheng-fu form.)
- 43/. Spread The weave
- 44/. Spread The Weave
- 45/. BKTS
- 46/. Needle At Sea Bottom
- 47/. Fan Thru Back
- 48/. Turn Around & Lock Wrist, Attack to No.3
- 49/. Step Forward, Parry & Penetration Punch
- 50/. Press The Points
- 51/. Chee,
- 52/. Chee 2nd
- 53/. Sit Back
- 54/. Press
- 55/. Repeats: to Single Whip
- 56/. Cloud Hands X 4
- 57/. Single Whip

- 58/. Lift Up Heavens
- 59/. High Pat On Horse
- 60/. Spread The Weave rear
- 61/. Sitting Like a Duck
- 62/. Right kick
63. Repeat on other side up to Left Kick
- 64/. Block Right
- 65/. Turn around & Heel Kick
- 66/. BKTS
- 67/. BKTS
- 68/. Punch to groin
- 69/. Cutting Hands
- 70/. Double leaping Kick
- 71/. Carry The Bread On Arms
- 72/. Hit Tiger Left & Right
- 73/. Right Heel Kick
- 74/. Phoenix Punch
- 75/. Spear Hands With Sit
- 76/. Back Kick
- 77/. Take A Walk
- 78/. Cross Kick
- 79/. Knife & Spear Fingers
- 80/. Lift Hands
- 81/. Lift Hands 2

82/. Finish as before.

END 2nd THIRD

Begin 3rd 3rd same as 2nd:

Then:

83/. Single Whip

84/. Slant Flying X 3

85/. Grasp Swallow's Tail to Single Whip same:

86/. Fair Lady Works Shuttles (Weaves)

87/. Grasp Swallow's Tail

88/. Single Whip

89/. Wave Hands Like Clouds 2nd (different)

90/. Single Whip

91/. Snake Creeps Down

92/. Cock stands on one leg X 2

93/. 1 X tripping Repulse Monkey, 3 X Repulse Monkey (normal)

94/. Same as 2nd third up to Single Whip

95/. Wave Hands Like Clouds X 3rd time

96/. High Pat On Horse

97/. Inspect Horse's Mouth

98/. Inspect Horse's Mouth rear

99/. Sweep The Enemy

100/. Crescent Kick & Spear Hands

101/. Press The Points

- 102/. Chee
- 103/. Bending Backwards
- 104./, Bending Backwards
- 105/. Bending Backwards
- 106/. Take the Dim-Mak Points
- 107/. Open The Wings
- 108/. P'eng
- 109/. Pigeon Flies to heaven
- 110/. rest:
- 111/. Lift Hands
- 112/. Open the Wings
- 113/. Drop down & Break Elbow
- 114/. Pull Forward & attack To rear & Front
- 115/. Hidden Hand Punch
- 116/. Sleeves Dancing Like Plumb Blossoms
- 117/. Double Punch
- 118/. Hidden Hand Punch
- 119/. Same as 2nd third.
- 120/. Single Whip
- 121/. Snake Creeps Down
- 122/. Step Forward to Seven stars
- 123/. Ride Tiger
- 124/. Turn Around & Lotus Kick
- 125/. Low Punch

126/. Bending To Avoid & Attack

127/. Shoot Tiger

128/. Finish:

Counting all of the moves there would be many more than the above. Wherever possible I have repeated the previous moves to expedience.